

# 5 ways to support Ben for free

Thank you for taking the time to consider how you can support Ben, we really appreciate it.



## 1. Leave us a review

If you've used any of our services or read our online support content, you can leave us a review on Facebook or Google.



## 2. Tell your story or share your expertise

If you've been supported by Ben, you can share your story about how this helped you. Or, if you have some relevant expertise or experience (related to health & wellbeing), we can produce content to use on our channels.



## 3. Talk about Ben

Tell your company about Ben and the support we provide, so that they can work with us to support employees. Spread the word to your colleagues too. Also, book a visit from our Ben on the Road team.



## 4. Sign up to our email list

Sign up to our tips, advice & tools for your health & wellbeing at [www.ben.org.uk/signup](http://www.ben.org.uk/signup).



## 5. Engage with us on social media

Follow us on our social media channels - we're on Facebook, LinkedIn, Twitter, Instagram and Youtube. Like, share, comment and tag others in our posts so we can reach more people - tag us in your own posts too!

**f** Ben – Support For Life

**t** @BenSupport4Auto

**@** @bensupport4auto

**in** Ben Automotive Industry Charity page and Ben – Support for Life Group

Scan the QR code for the full details and all the links you need to support Ben!



**Free & confidential helpline**  
**Monday to Friday - 8am to 8pm: 08081 311 333**  
**Out of hours text support: Text BEN to 85258**  
**Tips, advice, tools & live chat: [ben.org.uk](http://ben.org.uk)**